SETH AND THE CITY

THE LONDON KNIGHTS' SETH GRIFFITH TAKES AIM AT AN OHL SCORING TITLE PAGE 14

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Fontana case lands in court

Mayor Joe Fontana faces three RCMP charges. He maintains he is innocent. ANGELA MULLINS/METRO FILE

Fraud charge. First hearing of what's expected to be lengthy court battle is Tuesday

ANGELA MULLINS
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Been itchin' to know what kind of evidence the Mounties have against Mayor Joe Fontana?

Don't worry, you're not the only one out of the loop.

Even Fontana and his lawyer, Gord Cudmore, don't know exactly what led the RCMP to lay charges of fraud under $5,000, breach of trust by a public officer and uttering forged documents.

"I have a pretty good idea, but I haven't seen (the evidence)," Cudmore said on Monday.

The Crown is expected to release the details to Fontana's legal team on Tuesday — the first court hearing since charges were laid in November. Cudmore will appear on the mayor's behalf.

Ready for battle

"I think we have a strong defence."

Lawyer Gord Cudmore on the legal battle facing Mayor Joe Fontana.

London lawyer Phillip Millar predicts a brief hearing that moves "in and out" of the courtroom as quickly as possible. It's likely to be at least a month before the case returns to a court docket, added Millar, a former Crown attorney now in private practice.

Fontana and his lawyers will be given four to six weeks to review the evidence and start negotiations with the Crown, Millar said. A variety of things could happen at the next court hearing, he noted. Fontana's legal team could ask for more evidence to be turned over, request more time for negotiations with the Crown, request a preliminary hearing or move straight to a trial.

A preliminary hearing could add six months to the timeline. Millar predicts the charges will linger in court for a year to two years.

Fontana has vowed to fight the charges, stemming from allegations that a federal government cheque covered a $1,700 room deposit for his son's 2005 wedding reception.

Cudmore reaffirmed his client's stance on Monday. "I'm certainly going to be looking for a trial," he said, adding he hasn't decided if he'll request a trial by judge or jury. He also hasn't decided if he'll ask for the case to be moved outside of London.

Millar said a change of venue is pretty much a given. "I think it would have to be moved to another jurisdiction, like Goderich or Sarnia," he said. "I think it's a no-brainer."

Finding an impartial jury — or even a judge who doesn't have at least some social ties to Fontana — might prove next to impossible, Millar said. "It would be hard to shield yourselves from the media storm surrounding this."

Getting ready for prime time

It doesn't look like much now, but come fall, Fanshawe College's new School for Applied and Performance Arts will enliven the city PAGE 3

Wanted: Person of interest

The search is on for a new central bank governor, as Mark Carney gets ready to leave for the top job at the Bank of England PAGE 6

The butt stops here

Follow Metro's five tips for losing weight and watch the pounds melt away. Hint: It's all about forming new habits PAGE 10

Fire truck involved in costly collision

No serious injuries. Police say accident report is 'pending'

JOHN MATISZ
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A recent early-morning collision involving a pair of heavy-duty vehicles has resulted in as much as $75,000 in damages.

At about 1 a.m. on Friday, near the intersection of Wellington and King streets in downtown London, a payloader smashed into a fire truck. The payloader, a construction vehicle with a large scooper used to excavate, allegedly ran a red traffic light.

"It's a 50,000-pound payloader hitting a 75,000-pound fire truck. You're always going to have quite the impact," said Brian George, deputy fire chief of the London Fire Department.

George says the crash easily could have resulted in more than the estimated $60,000 to $75,000 in damage, considering the immense combined weight of the vehicles. All parties involved — three firefighters and the payloader operator — were not seriously injured, suffering only bumps and bruises, George said.

"It's, I'll say, a unique accident," he added. "Fortunately, our vehicles aren't involved in accidents often."

Const. Ken Steeves of the London Police Service says the accident report is "pending" because the on-scene investigator was unable to complete it before the end of the shift.

"By reviewing the occurrence, it looks as though the driver may have gone through a red light," Steeves said. "There's no indication a charge has been laid, but that doesn't necessarily mean the officer didn't issue the ticket while at the scene."

Fire department

Now without a 'bucket truck'

The London Fire Department will be without its aerial platform truck for an undetermined amount of time after the crash.

"This is the only aerial platform truck that we have that's commonly referred to as the 'bucket truck.' It's the one that has the platform at the top that firefighters can operate from," said deputy fire Chief Brian George. "We still have two other 100-foot aerial trucks, and we also have three other trucks with 75-foot aerials. So we do have aerial coverage, we just don't have as good an aerial coverage as we prefer to have." AM980/AM980.CA

Perfecting pirouettes

Makenna Robertson, 13, of Dorchester, left, and Paige Obright, 13, of Milton, audition for Canada's National Ballet School on Monday at London's Dance Steps Studio (743 Richmond St., Suite 200). The school is touring the country in search of new students. The London stop drew 28 dancers looking to make the cut.

ANGELA MULLINS/METRO

What eye see. Ont. diabetics get fewer eye exams after delisting, new study says

Adults with diabetes are receiving fewer publicly funded eye exams due to the government's delisting of the assessment, a new study suggests.

The Ontario Liberals delisted routine eye exams for healthy adults younger than 65 years old in 2004, a cost-cutting measure that has led to unintended long-term consequences, the study says.

Dr. Tara Kiran, a professor at the University of Toronto and the study's lead author, published her findings Monday in the Canadian Medical Association Journal.

"Even though adults with diabetes are still covered, there has been a significant decrease since the delisting," Kiran said in a telephone interview.

Warning from an expert

"I've met patients and optometrists who think adults with diabetes aren't covered. If they don't get checked, they can go blind."

Dr. Tara Kiran

TORSTAR NEWS SERVICE

Duly noted

Music on the political agenda

The president of Music Canada will be in London on Thursday for a news conference with local politicians.

Graham Henderson will join London West MPP Chris Bentley; Gerry McCartney, president of London's Chamber of Commerce; Peter White, president of the London Economic Development Corp.; and others. On the agenda: The future economic potential of London's music scene.

The news conference will be held at 2 p.m. at the London Music Club (470 Colborne St.). METRO

Discoloured water?

Water pipe issues at Mt. Carmel

A recent assessment shows two water pipes in the Lake Huron supply system in the Mt. Carmel area are in bad need of repair.

The work has been scheduled for Wednesday and is expected to take all day to complete.

The Lake Huron pipeline serves London and surrounding areas. Water quality should not be affected, but residents are encouraged to contact their municipality if they have discoloured water or have no water.

AM980/AM980.CA

St. Thomas

Suspects sought in cabbie attack

St. Thomas police are looking into whether two suspects wanted in connection with a recent taxi cab robbery may be responsible for similar incidents in Ingersoll and the Brantford-area.

A female driver was dispatched to Waterworks Park around 3:15 a.m. Sunday. When she arrived to pick up the fare, she was approached by two men wearing dark clothing and balaclavas.

Police say one man had a crow bar while the other appeared to have a butcher knife. AM980/AM980.CA

Coming this fall: Fanshawe College's downtown debut

Applied and performance arts.
New campus on schedule for summer move in, fall classes

ANGELA MULLINS
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Outside it's temporary signs, a few boarded-up windows, and construction fences.

But inside 137 Dundas St., the first phase of Fanshawe College's downtown School of Applied and Performance Arts is beginning to take shape.

Renovations that started in March included gutting the former Royal Trust building and reconfiguring it to fit classrooms, offices, and theatre space. Now, contractors are putting the pieces back together.

"They're defining the rooms right now with metal studs, duct work — and plumbing is starting to take shape," said Denise Luksys, who is co-ordinating the project for Fanshawe. "The project itself is slated for completion in mid-to-late July of this year."

Classes for about 500 students are expected to start in September — two years after college officials announced they had bought the building.

Extensive exterior work — expected to include multiple elements for curb appeal — will begin as early as next week, Luksys said. Project leaders want at least some of the work done in time for downtown's international debut during the World Figure Skating Championships in March.

The Dundas Street site is part of a larger, $40-million effort that's expected to see Fanshawe turn several other downtown buildings into classrooms over the next decade. The city has agreed to foot up to half the bill in an effort to promote arts, education and culture in the core.

Officials are still hunting for a building suitable for the project's next phase, said Shawn Harrington, Fanshawe's senior manager of facilities and development.

Expected

1,075

Number of Fanshawe students and faculty expected to attend classes and work in the city's core when all phases of the downtown campus are complete.

A temporary sign outside 137 Dundas St. offers a glimpse at the first phase of Fanshawe College's School of Applied and Performance Arts slated for the site. The six-storey, 50,000-square-foot building is expected to open in the fall after extensive renovations. ANGELA MULLINS/METRO

Funeral Tuesday for Sarnia kindergarten teacher

A candlelight vigil was held to honour Noelle Paquette. FACEBOOK.COM

The funeral service for a beloved Sarnia kindergarten teacher will be held Tuesday at 11 a.m.

The body of Noelle Paquette, 27, was found last week in a woodlot west of Petrolia While police remain tight-lipped about the investigation, new and disturbing information is being learned about the two people charged with first-degree murder in connection with Paquette's death.

Tanya Bogdanovich, 31, and 19-year-old Michael MacGregor are scheduled to make a court appearance Thursday.

Yellow balloons

- A candlelight vigil to honour Paquette, organized by several Sarnia residents, was held Monday in the city's downtown core. A Facebook group created for the vigil attracted hundreds of supporters.
- Dozens of people gathered at Centennial Park in Sarnia on Sunday to release hundreds of yellow balloons in honour of the teacher.

Profiles of a man and woman, believed to be Bogdanovich and MacGregor, appear on the website "FetLife" indicating a shared obsession with rape and torture. The user names were found connected to a group called Kinky Cougar Connection and Brother/Sister Love.

Various kinds of rape were listed by both users under fetishes.

FetLife bills itself as "the world's most popular FREE social network for the BDSM, Fetish & Kinky communities."

Noelle Paquette went missing after leaving a New Year's Eve party in downtown Sarnia. Her body was found in a woodlot southeast of the city 24 hours later.

An autopsy was conducted at University Hospital in London over the weekend, but police have yet to comment on how Paquette was killed or if she knew the suspects.

AM980/AM980.CA

Heritage Awards

Seeking nominees

The London branch of the Architectural Conservancy of Ontario and the Heritage London Foundation are seeking nominees for the Heritage Awards. To nominate, email info@grosvenorlodge.com or visit acolondon.ca or heritagelondonfoundation.org before Jan. 11. **METRO**

Spanning four counties

Man, woman charged in thefts

Two Stratford residents are facing charges in a rash of vehicle and property thefts that police say spanned four counties.

Paul Rayner, 39, and Melissa Gunton, 34, were arrested Saturday after officers went to a house on Simcoe Street in London.

The pair faces charges including nine counts each of possessing property obtained by crime under $5,000 and one count each of possessing property obtained by crime over $5,000.

Items were stolen from Middlesex, Oxford, Perth and Elgin counties, according to the OPP. Officers are in the process of returning the stolen property to owners. **METRO**

Middlesex Centre

Thieves make off with quad, tools

Upon investigation Ontario Provincial Police learned a break-and-enter at Fanshawe Park Road in Middlesex Centre last month resulted in the theft of "numerous" tools, and a Polaris 400 quad. Anyone with information is asked to call the OPP at 1-888-310-1122 **METRO**

West Elgin

Water plant problems net penalties: Ministry

Jail time and fines have been doled out for negligence at the West Elgin water-treatment plant, according to the Ontario Environment Ministry. Plant operators Lloyd Jarvis, Michael Kalita and Chad Yokom and the municipality itself faces a combined $154,500 in fines plus victim fine surcharges of $38,625. Jarvis, lead operator of the water-distribution system, has been sentenced to 30 days jail. A Ministry of Environment investigation found too little chlorine in the system and failure to notify health officials about the problem. Log books were altered to provide false information to investigators, the ministry said. **METRO**

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Plus more.

EPA head quits over pipeline plan: Report

A New York Post report says Lisa Jackson, the former head of the U.S. Environmental Protection Agency, resigned because of the proposed Keystone XL pipeline. KEVIN WOLF/THE ASSOCIATED PRESS FILE

Rumour has it. Jackson has voiced concerns over Keystone pipeline, which President Obama appears set to approve

The head of the U.S. Environmental Protection Agency resigned abruptly last week, reportedly to protest the Obama administration's apparent plans to approve TransCanada's Keystone XL pipeline in the coming months.

The American environmental movement is abuzz following a New York Post report that Lisa Jackson suddenly quit her post because she doesn't want to be at the helm of the agency when the White House rubberstamps the project.

"She was going to stay on until November or December," a source close to Jackson told the Post. "But this changed it. She will not be the EPA head when Obama supports (Keystone XL) getting built."

The EPA is one of several federal agencies that's been advising the Obama administration on the $7-billion pipeline, a project that would carry millions of barrels of crude a week from Alberta's carbon-intensive oilsands to the U.S. Gulf Coast.

Quoted

"This isn't a little tiny pipeline, this is a pipeline that cuts our country literally in half."

EPA head Lisa Jackson, in an appearance at Howard University, October 2011.

The ultimate decision on Keystone XL's fate rests with the State Department, since it crosses an international border.

Jackson is Obama's top environmental adviser, appointed soon after his inauguration in 2008. Over the past four years, she's pushed through the toughest new air and water pollution rules in more than 20 years and has frequently spoken out on climate change.

In July 2010, as TransCanada awaited a decision from the White House on the pipeline, the EPA sent a letter to the State Department calling its draft environmental assessment of the project "inadequate." It chastised analysts for failing to address the greenhouse gas emissions associated with Keystone XL, and urged the State Department to further examine safety and spill-response planning, as well as the impact on Canadian native communities.

THE CANADIAN PRESS

Aurora. Police testify in hearing of suspected movie theatre gunman

The families of victims of last year's mass shooting at a Colorado theatre sat through emotional testimony Monday from police officers who tried to save the lives of the wounded.

One sergeant recalled during the hearing for suspected gunman James Holmes that he did not find a pulse for the youngest victim, six-year-old Veronica Moser-Sullivan.

Another said he had to stop one man worried about his young daughter from jumping out of the moving patrol car.

A bearded Holmes didn't appear to show any emotion.

The first extensive details were emerging about the young man suspected of killing 12 people and wounding at least 58 in one of the worst mass shootings in the U.S. last year. The hearing will determine whether the case will go to trial.

Police officers who arrested Holmes described him as unusually relaxed but fidgety at times. They said he told them that his apartment had been booby trapped.

THE ASSOCIATED PRESS

Family members and victims line up to get into court for a preliminary hearing for Aurora theatre shooting suspect James Holmes at the courthouse in Centennial, Colo., on Monday. ED ANDRIESK/THE ASSOCIATED PRESS

Appeal. Lawyer argues Toronto mayor couldn't understand legal details

Mayor Rob Ford is an open and honest politician ousted from office by a judge that misinterpreted the law, his lawyer argued Monday.

In calling for Divisional Court to overturn Ford's ouster, lawyer Alan Lenczner said Ford gained no financial benefit from fundraising for his private football foundation, and was upfront when he spoke during a council vote that he was only trying to help disadvantaged youth.

In November, Ontario Superior Justice Charles Hackland ordered Ford removed as mayor for taking part in the council vote that he repay $3,150 raised for his football foundation.

Lenczner said Ford's decision to participate was based on his belief that he had done nothing wrong.

In his ruling, Hackland said Ford had shown "wilful blindness" by taking part in the vote.

But Lenczner said the judge had failed to give Ford the benefit of a "saving provision" in the conflict-of-interest act: that his conduct was an error of judgment. Hackland had "not given one nickel of regard" to various legal authorities, and the mayor could not have been expected to understand the legal intricacies at play, Lenczner said.

Mayor Rob Ford THE CANADIAN PRESS

"Mr. Ford is a high school graduate," the lawyer told court.

If Ford loses his appeal, he has said he would run in a by-election if council chooses to call one. Council could opt to appoint someone mayor instead of a byelection.

THE CANADIAN PRESS

Wanted: One hotshot new central banker (nerves of steel req'd)

Apply immediately!
If you can shape global economic policy, keep inflation in check and manage the loonie, you too could be the next BoC governor

Bank of Canada governor Mark Carney is leaving in June to lead the Bank of England. Do you have what it takes to replace him? GETTY IMAGES FILE

Psst. Want to be the next governor of the Bank of Canada? An executive search firm has posted an ad for the position on the central bank's website.

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 to $507,900 plus pension, health and dental benefits.

But the ad does outline an impressive list of criteria.

Quite apart from the daunting task of succeeding the current governor, Mark Carney, who is seen as something of an international financial superstar, the job is not for the faint of heart.

Carney's resume, for example, includes a doctorate in economics from Oxford University, 13 years with Goldman Sachs, and a stint as a senior official in the federal finance department.

His successor must be capable of running an institution that helps shape global economic policy, keep Canada's inflation rate in check and maintain integrity in the value of the loonie, says the ad posted by Odgers Berndston.

They must also be able to shape the culture and values of a "knowledge intensive" organization, have unquestioned technical competence and be an exceptional communicator — in both official languages.

"Your leadership style is characterized by a personal inclination to lead through persuasion, and you have the courage to take a stand to support principles and policies," the ad also says.

"The credibility of the Governor is key to establishing the confidence of the financial community, the business media and ultimately the general public," the ad concludes.

Interestingly, the ad also says the candidate must be a Canadian citizen. That appears to rule out an international swap for Carney, who is leaving in June to become governor of the Bank of England.

Carney was named to the job in England on Nov. 26, an announcement that shocked and surprised the English.

The final decision who to hire will be made by the independent directors of the central bank, subject to the approval of the minister of finance and the federal cabinet. TORSTAR NEWS SERVICE

By the numbers

$431,800

The ad doesn't say how much the job pays, but according to the bank's website, the salary for 2012 was between $431,800 and $507,900, plus pension, health and dental benefits.

Sssssweet! This snake can talk to your iPhone

Meet Reptar, a slithering high-tech snake that's one of 17 different robots that can be built with the new Lego Mindstorms EV3 platform, a $350 US kit that was unveiled Monday at the International Consumer Electronics Show in Las Vegas. The robots will have the ability to talk to iPhones, iPads and iPod Touches through Bluetooth wireless connections. LEGO/THE ASSOCIATED PRESS

Air Canada, WestJet post strong 2012 with record load factor for December

Canada's major airlines enjoyed healthy passenger demand heading into 2013 as they reported record load factors for December, carrying substantially more passengers with modest increases to capacity.

WestJet said its load factor for December hit a record 81.9 per cent while Air Canada hit record load factors for the month and the year.

Montreal-based Air Canada said its load factor rose to 82.1 per cent last month while the full-year number was 82.7 per cent, up 1.1 points in each case.

Air Canada said it had a 3.2 per cent increase in passenger traffic last month over December 2011, with a 6.6 per cent increase to U.S. destinations and a 5.1 per cent increase on transatlantic routes.

That was a strong finish to a generally good year for Canada's largest airline, which saw 2012 passenger traffic rise 2.6 per cent over 2011.

WestJet's passenger traffic in December was up 7.2 per cent from a year earlier, rising to 1.6 billion revenue passenger miles from 1.5 billion on a six per cent increase in capacity. THE CANADIAN PRESS

What it means

- Analysts monitor load factor as a measure of how much total fleet capacity is used by an airline to carry passengers.

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U.S. federal settlement

Banks to pay $8.5B over wrongful foreclosures

Ten major banks agreed Monday to pay $8.5 billion US to settle U.S. federal complaints that they wrongfully foreclosed on homeowners who should have been allowed to stay in their homes. The banks will pay billions to homeowners to end a review process of foreclosure files that was required under a 2011 enforcement action. THE ASSOCIATED PRESS

iTunes app store

Users download 40B apps: Apple

Apple Inc. says people have downloaded more than 40 billion apps for the iPhone, iPad and the iPod Touch, nearly half of them in 2012. The company said Monday that December saw record downloads of more than two billion apps. THE ASSOCIATED PRESS

Safety measures

U.S. agency wants electric, hybrid cars to make noise

The U.S. government wants electric and hybrid vehicles to make noise when travelling under 18 miles per hour (about 29 kilometres per hour) so pedestrians can hear them coming. The National Highway Traffic Safety Administration says the cars don't make enough noise at low speeds to warn walkers, bicyclists and the visually impaired. THE ASSOCIATED PRESS

Dawg Grog

Beer fan makes brew for dogs

An Oregon man who loves beer and loves his dog has concocted some hooch for the pooch. Daniel Keeton calls his canine creation Dawg Grog, though there's no alcohol in the doggie brew. Ingredients include vegetable broth and spent grain. THE ASSOCIATED PRESS

Private space travel. New Mexico suppliers lobby for protection from possible tourist lawsuits

Spaceport America officials are urging legislators to limit potential lawsuits from wealthy outer space tourists who take off from New Mexico, saying such a bill is crucial to the future of the project.

Legal experts, however, say there is no way to know whether the so-called informed consent laws will offer any protection to spacecraft operators and suppliers in the event something goes wrong.

"Since this has never happened yet, we have no precedent," said Joanne Irene Gabrynowicz, director of the space law program at the University of Mississippi.

Such measures are being pushed by states trying to compete in the fledgling commercial space travel arena, and Spaceport America officials say that New Mexico risks losing out on a project that was intended to boost the economy in the mostly rural state.

They say New Mexico needs to pass a bill to retain anchor tenant Virgin Galactic and to recruit new space business to the state.

At issue is liability for passengers who pay to take spaceflights — like those planned by Richard Branson's Virgin Galactic for $200,000 US a head — from the spaceport near the city of Truth or Consequences. THE ASSOCIATED PRESS

Market Minute

DOLLAR 101.45¢ (+0.14¢)

Natural gas: $3.27 US (-2¢)
Dow Jones: 13,384.29 (-50.92)

TSX 12,499.55 (-41.26)

OIL $93.19 US (+10¢)

GOLD $1,646.30 US (-$2.60)

SAY 'I DO' TO THESE UNIQUE WEDDING TRENDS

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

The holiday season is over, which means that the wedding planning season has officially begun. With most couples walking down the aisle during the spring and summer months, many are starting to make plans for their upcoming nuptials.

From the cheesy first dance to the bouquet toss, most weddings tend to feel like the same thing over and over again. "No matter how unique a couple wants to be, there are still certain traditions they'll want to honour," says Four Weddings Canada producer Marnie Sugarman. Sugarman has overseen more than 100 weddings while working on the reality show in which brides attend and judge each other's weddings to compete for a dream honeymoon.

So how can couples make their special day stand out among the cookie cutter ceremonies? Skip the tacky convention centre bridal shows (where bad taste goes to die) and consider these five hot wedding trends for 2013.

Guest ye be judged

Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut.

Actually getting hitched is only the beginning: Flash mobs, choreographed dances and skits are just some of the creative ways couples are going above and beyond to entertain their wedding guests, says Sugarman. Because nothing says "I'll love you for eternity" like circus animals and a pyrotechnic display.

You are cordially uninvited: Formal "You're Not Invited" announcements are the perfect way to let those pushy friends and relatives know that they didn't make the cut. Yes believe it or not, couples are actually spending hundreds of dollars on stationery and calligraphy fees to reach out to the people they don't like enough to put on the guest list.

Ditch the white dress: Let's face it; most of us aren't fooling anyone in those virginal white dresses anymore. If you're both in your late-20s or older and have been living together for a few years then it's safe to assume that people know you aren't saving it for marriage. So why stick with the oh-so-chaste plain white dress? Opt for an unconventional shade such as soft pink or yellow, which are becoming increasingly popular says Sugarman.

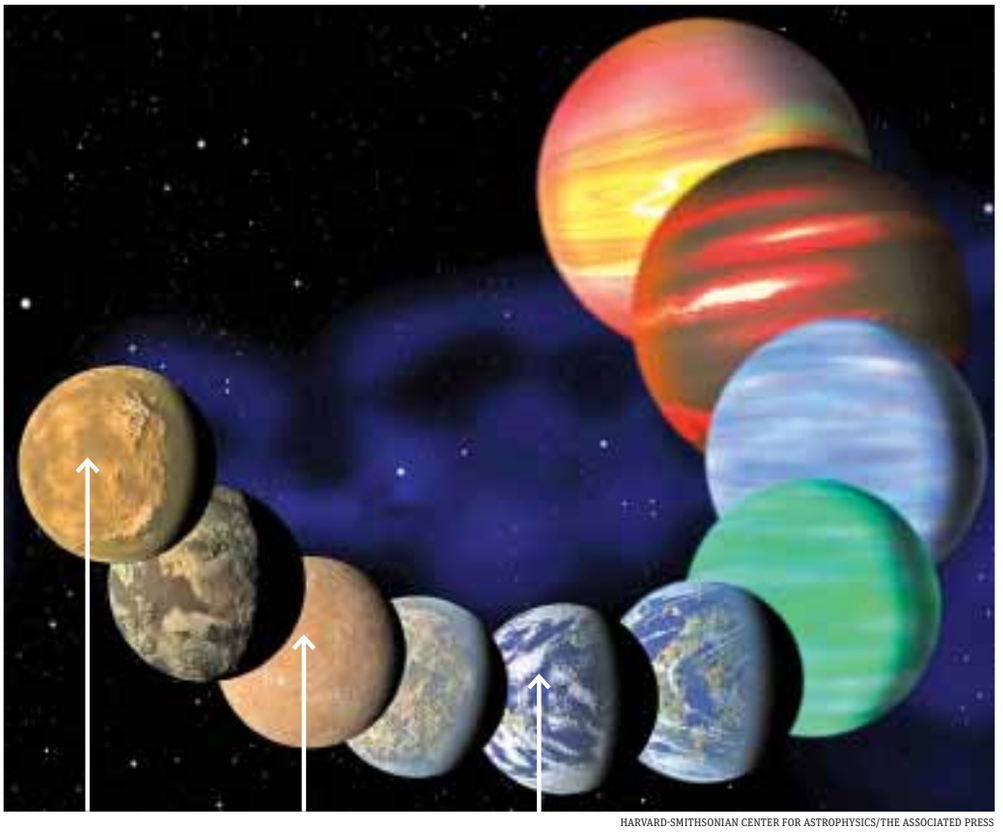
Churches are so over: From art galleries to high-end furniture stores, many couples are seeking out unique venues to exchange their vows. Also, anyone on Pinterest knows that banquet hall receptions are out and adorably twee barnyard hoedowns are in.

Make your Big Day a small affair: The couples on Four Weddings Canada spent an average of $31,625 on their weddings. With that kind of money you could buy a brand new Mini Cooper convertible, finance two years of university education or put a down payment on a house. So instead of donning an haute couture blush-pink gown and dancing down the aisle in an airplane hangar, you could just pop some champagne while signing the papers at city hall and save yourself a whole lot of money.

Wedding bell news: Let your gown do the blushing for you.
PASCAL LE SEGRETAIN/ GETTY IMAGES

Follow Jessica Napier on Twitter @MetroSheSays

So many worlds of possibility



HARVARD-SMITHSONIAN CENTER FOR ASTROPHYSICS/THE ASSOCIATED PRESS

Goldilocks mission

Spacecraft spots billions of Earth-sized planets

This artist rendering released Monday by Harvard-Smithsonian Center for Astrophysics shows the different types of planets in our Milky Way galaxy detected by NASA's Kepler spacecraft.
THE ASSOCIATED PRESS

Not too hot, not too cold

17B

A new estimate presented at the American Astronomical Society suggests that the Milky Way galaxy is home to at least 17 billion planets similar in size to Earth.

It doesn't mean all are potentially habitable, but the sheer number is a welcome starting point in the search for worlds like our own.

Scientists have yet to find a twin Earth — one that's not only the right size but also located in a zone that's not too hot and not too cold where water might exist in liquid form.

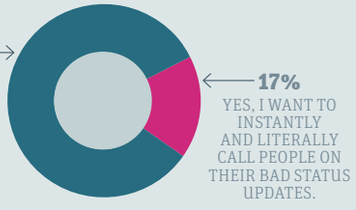
Search for just-right twin

- Two independent groups came up with the new estimate after a fresh analysis of data gathered by NASA's Kepler spacecraft, launched in 2009 to track down other Earths. The craft spots a planet when it passes in front of the planet's star.
- One team led by Francois Fressin of the Harvard-Smithsonian Center for Astrophysics estimated at least one in six stars has an Earth-size planet orbiting it.
- Using a different method, researchers at the University of California, Berkeley and University of Hawaii determined 17 per cent of stars host planets that are one to two times the diameter of Earth.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Canada is the guinea pig for Facebook's new VoIP service. Will you be answering the call?


83%
NO. I ALREADY HAVE SKYPE, FACETIME, AND A PHONE PLAN.
17%
YES, I WANT TO INSTANTLY AND LITERALLY CALL PEOPLE ON THEIR BAD STATUS UPDATES.

Twitter

@orangeheromama: Woah! The guy ahead of us on the off ramp nearly smoked a hawk! Crazy!

@_CityMom: As part of my 'Lean Jean Plan' I'm drinking black coffee this AM. It's not so bad. If I can continue all year I'll save 25,550 cals this yr!

@unmuseum: Hello Employment and Hello #Ottawa. Goodbye #ldnont!

@tiffaniiambrr: Back to reality #fanshawe #collegelife #missingthebus #sleepin'in

@HalfADino: There's a new (old) venue opening up in London. Get at me if you wanna play at #TheAPK in the next few months! #ldnont #livemusic

@cbianchi08: Not having class until 7 on the first day back? Not complaining! #WesternU #sleepallday

metro

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It may have taken 113 days (and many broken hearts) but the NHL lockout has finally come to an end. While both sides finalize details, fervent fans must impatiently wait for the games to begin. In the meantime, Metro presents five songs to get you back in the mood for hockey:

STEVE GOW
scene@metronews.ca

Time to Go, Dropkick Murphys

No other song so brilliantly highlights the anticipation of the strike's end. Dropkick Murphys, hockey enthusiasts themselves, wrote this tune as a Bruins fight song. But its spirited chant "drop the puck, it's time to go" surely speaks to all fans eager for the return of their favourite sport.

50 Mission Cap, The Tragically Hip

50 Mission Cap may be specifically about hockey hero Bill Barilko and his mysterious disappearance after leading the Maple Leafs to a Stanley Cup, but the Tragically Hip's hockey hit also speaks to a simpler, nostalgic period of the sport's history.

The Hockey Song, Stompin' Tom Connors

Stompin' Tom Connors' 1973 classic has become synonymous with the sport. Not only is it played at every NHL game, but its chorus blurts out "the best game you can name is the good ol' hockey game" and that's gospel for many Canadians.

Big League, Tom Cochrane

A song about a player whose promising hockey greatness was cut short by a car wreck, Tom Cochrane himself admits he's as proud of his 1988 hit "as anything I've ever written." Pure Canadiana, its spirit mirrors the passion of the fans.

Hit Somebody (The Hockey Song), Warren Zevon

Warren Zevon may be best known for Werewolves of London, but this quirky 2002 song about a young, talentless goon passionate to score just one goal instead of fight should be a reminder to NHLers how lucky they are to play.

DVD review

Frankenweenie

Director. Tim Burton

Stars. Winona Ryder, Catherine O'Hara, Martin Short

Tim Burton's story about a young Victor Frankenstein reviving his dead pet pooch Sparky with lightning and lab tricks is itself something of an undead awakening. Frankenweenie was also the title and subject of a short film Burton made early in his career in the 1980s, when he was a lot fresher and more creative than he is today. The original Frankenweenie short was attached to some DVD editions of The Nightmare Before Christmas, the 1993 animated film masterminded by Burton but directed by Henry Selick (Coraline). The feature-length Frankenweenie doesn't vastly improve on the short, but it does immerse us more fully into the world of young Victor (Charlie Tahan), his worried parents (Catherine O'Hara and Martin Short), shy strange girl next door (Winona Ryder) and the meddlesome townsfolk of tiny New Holland. All the usual Burton tropes are present and accounted for — monochrome stop-motion, sad eyes, deadpan drollery — as are the hat-tips to his influences, James Whale's Frankenstein and Bride of Frankenstein. It's an affectionate balance of comedy and horror, yet somewhat lacking the jolt of creativity of the original.

PETER HOWELL

Nelly Furtado is hitting the road to promote her new album, Spirit Indestructible, which came out in September. GETTY IMAGES

How Nelly got her groove back

Spirit Indestructible. Singer dug deep into her past to inspire her on her new album — her first English effort in six years

IAN GORMELY
scene@metronews.ca

Nelly Furtado's latest album, Spirit Indestructible, saw release back in September, but the Victoria singer is only now hitting the road to promote the release.

The delayed trip, which includes a string of Canadian dates, is in keeping with the drawn out creative process behind the record, her first English language effort in six years.

"It took two or three years for me to put forth what I really wanted to say on the album," she says.

After releasing a Spanish-language album on her own NelStar label in 2009 and overseeing Toronto singer-songwriter Dylan Murray's debut for the fledgling company, Furtado found it difficult to rediscover the groove that had helped produce massive international hits like I'm Like a Bird and Promiscuous.

But Furtado's material soon took on a nostalgic tone as she began digging through her past for inspiration. Rodney "Darkchild" Jerkins, who produced the majority of the album's dozen tracks, worked on many of the late-'90s R&B and hip-hop tracks Furtado grew up on.

The track Big Hoops even name-checks No Diggity, a 1996 hit by Blackstreet, an R&B group founded by Jerkins' mentor Teddy Riley. Yet the singer was oblivious to her producer's past until she found plaques commemorating his work with Aaliyah hanging in the studio hallway.

"I think that was why I was feeling so open and willing to write about stuff from the past in such a celebratory way," says Furtado.

"There was a lot of serendipity going on."

Furtado describes the final product as "quite different" from her previous outings, combining the club vibes of 2006's Timbaland-assisted Loose with the folkier leanings of her first two records.

Eclecticism, she says, has always been a big part of what she does. "It's very loud, abrasive, it's raw, and a little irreverent.

Coming full circle

Furtado points to the song Circles on her new album as the turning point in her creative process. After struggling to rediscover her creative spark, on the recommendation of a friend she teamed up with Michael Angelakos, lead singer for indie-dance crew Passion Pit. "It's a nice fusion of sounds," she says of the track. The Spirit Indestructible came soon after. "I knew it when we wrote it, it was like, 'Oh my God. This is exciting," she recalls. "And then you've got the title track."

"I've been away for a while," she says. "If I'm going to put something out I want it to be sonically creative."

Kutcher's relationship with Kunis has been one international adventure

Ashton Kutcher's jet-setting relationship with Mila Kunis continues. After hitting up Kutcher's hometown of Cedar Rapids, Iowa in late December, the pair reportedly spent the first weekend of the new year living it up in Rio de Janeiro, according to E! News. Kutcher and Kunis were spotted at the restaurant Mr. Lam in the comapany of Brazilian TV host Luciano Huck and other pals. Since the former That 70s Show co-stars started dating last year, they've spent more time on the road than at home in L.A., it appears, with lengthy residences in New York City and Rome.

Twitter

@ParisHilton
Spent the entire day going through all my closets again. My entire dining room is full of racks of clothes & boxes of handbags etc to donate

@Sethrogen
Abu Nazir's FaceTime works way better than my FaceTime ever has

@TomArnold
The more screwed up the person the more inspirational their tweets.

@kirstiealley
What would a spider eat if he lives in an empty cabinet under the sink in a guest bath? I'd like to give him a little help..what human food?

Claire Danes. ALL IMAGES GETTY

Stay-at-home parenting not for Claire Danes

Though her first child is not even a month old, Homeland star Claire Danes is already making it clear she doesn't plan to be a stay-at-home mom. "I've always wanted to have kids, but I'm glad I didn't until now. When I was thinking about (working and being a mother) originally, I was really nervous about it," Danes tells Elle magazine. "I think I would make a lousy stay-at-home mom. It just wouldn't suit me. I feel so fortunate in that I've had this arrow-straight focus that I wanted to act." Danes and husband Hugh Dancy welcomed son Cyrus on Dec. 17.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kanye and Kim say no to sale of first baby pics, who said yes?

THE WORD
Dorothy Robinson
scene@metronews.ca

Upon the news that Kim Kardashian and Kanye West have already turned down a $3 million paycheque for the pictures of their unborn child from an overseas tabloid, The Word thought it would be interesting to look at past celebrity baby reveals for ways they can promote Wee Little West.

Selling out (or not) to the highest bidder.

• Brad Pitt and Angelina Jolie are No. 1 in raking in cash from their offspring. In 2006, they got $4.1 million for pictures of their first biological daughter, Shiloh, and a whopping $14 million for their twins, Knox Leon and Vivienne Marcheline, in 2008. However, the couple used the payday for good — they donated the millions to charity.

• J.Lo & Marc Anthony pocketed a reported $6 million from People magazine for the rights to publish pictures of their twins, Emme Maribel Muñiz and Maximilian "Max" David Muñiz, in 2008.

• Christina Aguilera received a reported $1.5 million for her baby photos of son Max from People magazine in 2008.

• Beyoncé and Jay-Z eschewed a big pay day and instead released photos of their daughter Blue Ivy to the public via Tumblr with the statement, "We welcome you to share in our joy. Thank you for respecting our privacy during this beautiful time in our lives. The Carter family."

• And of course, they could always not release photos of their baby and enjoy the time privately (editor's note: hahahahahahahahaha!). Some big stars who haven't publicized their recent babies are Adele, The Beckhams, Ben Affleck and Jennifer Gardner, Anna Paquin and Stephen Moyer.

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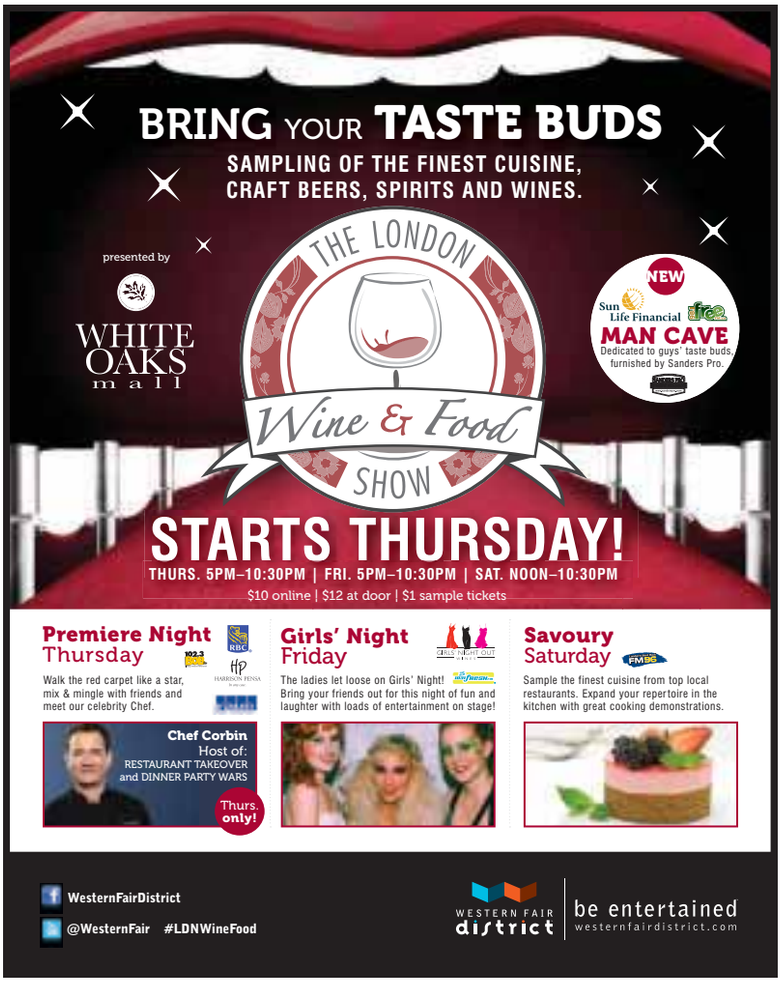
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THURS. 5PM–10:30PM | FRI. 5PM–10:30PM | SAT. NOON–10:30PM
$10 online | $12 at door | $1 sample tickets
Premiere Night
Thursday
Walk the red carpet like a star, mix & mingle with friends and meet our celebrity Chef.
Chef Corbin
Host of:
RESTAURANT TAKEOVER
and DINNER PARTY WARS
Thurs. only!
Girls' Night
Friday
The ladies let loose on Girls' Night! Bring your friends out for this night of fun and laughter with loads of entertainment on stage!
Savoury
Saturday
Sample the finest cuisine from top local restaurants. Expand your repertoire in the kitchen with great cooking demonstrations.
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Hands up everyone who plans to start the new year with a resolution about weight. Yup, that's a lot of hands. As everyone who has ever tried to lose weight knows it's not easy. With the help of Dr. Yoni Freedhoff, an Ottawa-based weight loss expert, and Dr. Arya Sharma, who holds a chair in obesity research and management at the University of Alberta, we're going to tell you about five ways to cut weight.

THE CANADIAN PRESS

5 ways to cut weight

Watch what you drink

Cut the calories you drink. Yes, drink. People routinely forget about the calories in the fluids they imbibe, be it fruit juices, specialty coffees or alcohol, the doctors say. Unlike solid snacks, liquid calories don't fill you up. They don't trigger the brain's impulse to compensate by eating less later.

Make good decisions

Focus on behaviours, not pounds. Your weight is where it is because of your habits. Maybe you snack in front of the TV at night or you give yourself a free pass when you eat out — and you eat out a lot. Grappling with those habits is what you have to do to make inroads on weight control, Sharma says.

Sleep in, lose weight

Get more sleep. The scientific evidence is piling up that society's sleep deficit is contributing to the obesity epidemic. Study after study shows a link between too little sleep and weight gain. In part it's an issue of opportunity: A sleeping person can't eat. Put another way, the more time you are awake, the more opportunity you have to consume calories.

Don't let it come back

Assess the livability of your approach. Unless you're a lucky person who only needs to shed a couple of pounds gained on a cruise or over Christmas, if you want to lose weight chances are weight control is going to be an ongoing part of your life. So going on a drastic diet may shed the excess weight. But if you ease up, it's going to come back. "The idea that 'I'm just going to do something for a couple of weeks and lose weight'— you're just setting yourself up for failure. That weight is going to come back," Sharma says.

Take the pledge

Set realistic goals. You're not a runner but you decide your path to your ideal weight is by becoming a marathoner. Or you pledge to spend 90 minutes at the gym every day when you currently get there three or four times a month. "I think people should take small steps that are sustainable," Freedhoff says.

camh

Are you someone who has had experience with Ontario's new Narcotics Monitoring System when having a prescription filled for medications such as opioid painkillers or sleeping pills?

If yes, we would like to interview you either in-person or over the telephone about your experiences, opinions, and attitudes regarding the new system.

The interview will take approximately ½ to 1 hour to complete.
All of your answers will be kept completely confidential.
Financial compensation is available.

If you are interested in participating in this study, please contact us at 416-535-8501 x 36552 for more information.

For more information about programs and services at CAMH, please visit www.camh.net or call 416-535-8501 or 1-800-463-6273.

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Forget eating small portions

New study. B.C. scientist finds that insulin levels tied to eating regularly, destroys conventional wisdom on food

CELIA MILNE
wellness@metronews.ca

Ignore hunger and eat at scheduled times.

That's the advice of a B.C. scientist who unexpectedly discovered that having low insulin levels prevents weight gain.

His research topples advice to eat small amounts regularly throughout the day.

"I think it's important to eat at defined meal times, which means sometimes waiting that last hour for dinner with a bit of hunger, rather than having an unhealthy snack," says Dr. James Johnson, an associate professor of cellular and physiological sciences at the University of British Columbia.

In an experiment, Johnson and colleagues fed a high-fat diet to two groups of mice. One group of mice had a normal amount of insulin and the other was bred to have half that amount.

The normal mice became fat.

The low-insulin mice were protected from weight gain because their fat cells burned more energy.

The study was published in Cell Metabolism.

"We concluded that high levels of circulating insulin are required for weight gain in mammals," Johnson told Metro.

"Previously, this had not been shown directly, although multiple lines of circumstantial evidence had supported the idea."

Too little insulin can trigger diabetes, so there has to be a happy medium, he adds.

Sandwich so good it might make you rethink meat

ROSE REISMAN
for more, visit
rosereisman.com

After tasting this sandwich you might decide to go vegetarian! The grilled vegetables, pesto, and brie are a sensational combination. And, yes, you can enjoy brie when you're eating light — just watch the amounts.

For the rolls, I like to use either focaccia or sourdough rolls.

If using store-bought pesto, remember it is higher in fat and calories than my homemade version; use a smaller amount or thin it out with a bit of water.

This recipe serves eight. PER KRISTIANSEN, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Preheat oven to 425 F. Line a rimmed baking sheet with foil.

2. Place onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. For the pesto, place all basil leaves, Parmesan, pine nuts, cream cheese, garlic, stock, and olive oil in the bowl of a small food processor and purée until smooth.

4. Combine 2 tbsp pesto and sour cream in a small bowl.

5. Cut roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

6. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

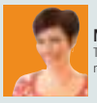
- 1/2 large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 tbsp basil pesto sauce
- 2 tbsp low-fat sour cream
- 1 tbsp olive oil
- 2 tsp balsamic vinegar
- 1/2 tsp minced fresh garlic
- 4 large rolls (each 3 1/2 oz), split
- 2 oz brie cheese, thinly sliced

Basil Pesto Sauce (Makes 3/4 cup)

- 1 cup fresh basil leaves
- 2 tbsp grated Parmesan cheese
- 1 tbsp toasted pine nuts
- 2 tbsp light cream cheese
- 1 tsp minced fresh garlic
- 3 tbsp chicken stock or water
- 2 tbsp olive oil

Health Solutions

High water content



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Canadian winters are parching because the heated indoor air is as dry as the desert. The double downside is that when you catch a bug, your need for liquids goes even higher.

Your hair, skin and lips show it on the outside, but the inside is crawling toward the oasis too.

Drinking your eight glasses a day is a bit of a myth, given that the foods you eat provide lots of water as well.

Increasing the high water choices helps beat dehydration with the added bonus of filling you up and preventing hunger. Choose wisely from this list of low cal/high water foods.

- **Watermelon**
- **Oranges/lemons**
- **Kiwi**
- **Berries**
- **Apples/pears**
- **Yogurt**
- **Leafy Greens: iceberg, romaine, kale, spinach, collards**
- **Tomatoes**
- **Cucumbers**
- **Celery**
- **Cabbage**
- **Broccoli**
- **Low sodium broth soups**

Of course, there is always a nice big bottle of sparkling water on your desk in the a.m. that must be finished by the end of the day.

That's the best cue to making sure you are getting enough. You will know by the colour of your urine, the lighter and clearer the better. **THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Falafel gets a tasty black-eyed pea upgrade

1. In a medium skillet over medium, heat 1 tablespoon of the oil. Add the onion, reduce the heat to moderately low, and cook for 5 minutes, stirring occasionally, or until it has softened. Add 1 teaspoon of the garlic, the cumin, coriander and the cayenne. Cook for 1 minute, then transfer to a medium bowl.

2. Drain and rinse the black eyed peas. Pulse them in the food processor fitted with the chopping blade just until they are coarsely chopped. Remove 1/2 cup of the chopped black-eyed peas and to the onion mixture. To the remaining black-eyed peas in the processor, add the egg, tahini and salt. Process until very finely ground, then stir them into the onion mixture. Cover and chill for 30 minutes.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 tbsp extra-virgin olive oil, divided
- 1/2 cup finely chopped yellow onion (1 small onion)
- 1 1/2 tsp minced garlic, divided
- 3/4 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp cayenne pepper
- 15 1/2-oz can black-eyed peas
- 1 large egg
- 2 tbsp well-stirred tahini
- 1/4 tsp kosher salt
- 1/2 cup low-fat mayonnaise
- 1/4 to 1/2 tsp hot sauce, or to taste
- 3/4 cup panko breadcrumbs
- Chopped scallions, to garnish

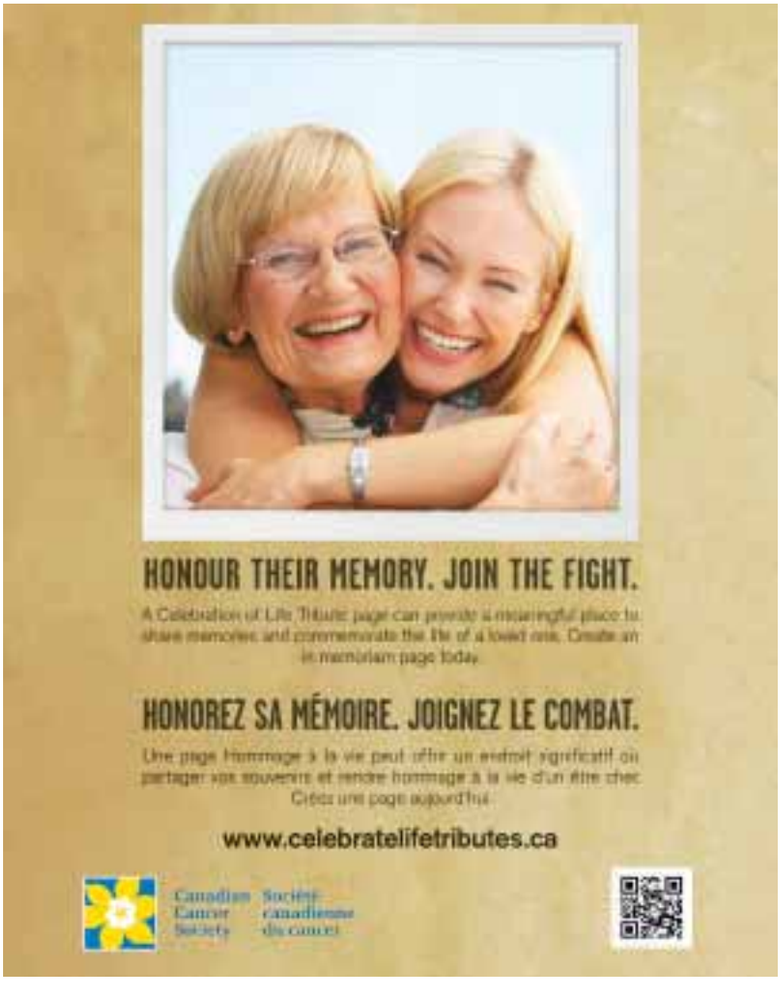
3. Meanwhile, prepare the spicy aioli. In a small bowl stir together the mayonnaise, remaining 1/2 teaspoon of garlic and the hot sauce.

4. Once the black-eyed pea mixture has chilled, shape it into 18 patties (the mixture will be loose). Spread out the panko in a pie plate lined with waxed paper or parchment paper, then one at a time dip the patties into it to coat on all sides, lifting the paper on both sides to move them around. Shake off any excess.

5. In a large non-resistant skillet over medium, heat 2 tablespoons of the remaining oil until hot. Working in batches, add the falafel patties and cook until crisp and golden on one side. Add the remaining 1 tablespoon oil and turn the patties; cook for 3 minutes, or until crisp and golden.

6. To serve, arrange the falafel patties on a platter and top each with aioli and a sprinkle of scallion.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.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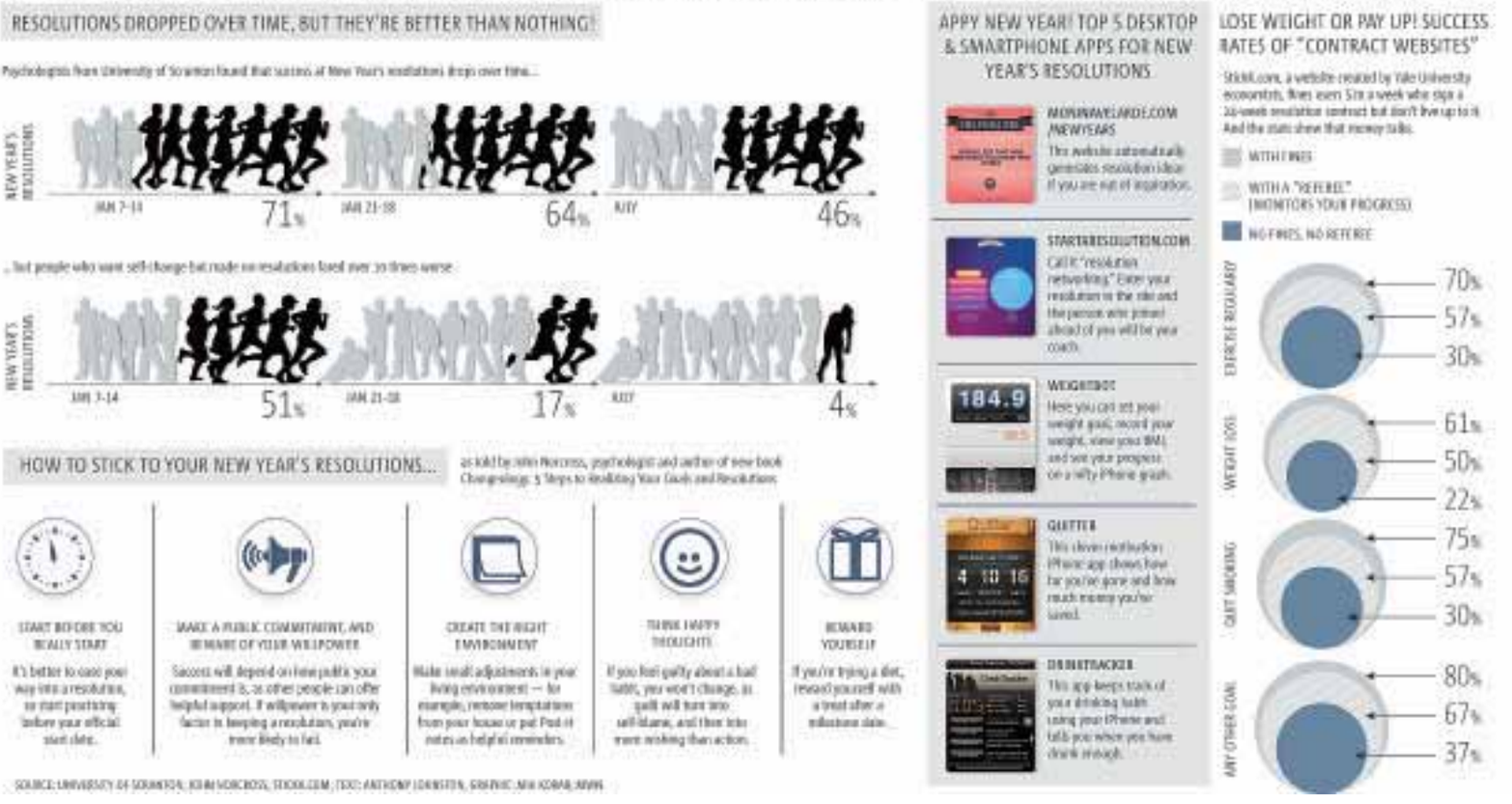
www.celebratelifetributes.ca
Canadian Cancer Society
Société canadienne du cancer

NEW YEAR'S RESOLUTIONS - HOW TO STICK TO THEM

New Year's resolutions doomed to fail? Bah humbug! You are 10 times more likely to self-change if you make a resolution than making no promise at all, research says.


RESOLUTIONS DROPPED OVER TIME, BUT THEY'RE BETTER THAN NOTHING!
Psychologists from University of Scranton found that success of New Year's resolutions drops over time...
NEW YEAR'S RESOLUTIONS
JAN 7-14
71%
JAN 21-28
64%
JULY
46%
...but people who want self-change but made no resolutions fared over 10 times worse
NEW YEAR'S RESOLUTIONS
JAN 7-14
51%
JAN 21-28
17%
JULY
4%
HOW TO STICK TO YOUR NEW YEAR'S RESOLUTIONS...
as told by John Norcross, psychologist and author of new book Changeology: 5 Steps to Realizing Your Goals and Resolutions
START BEFORE YOU REALLY START
It's better to ease your way into a resolution, so start practicing before your official start date.
MAKE A PUBLIC COMMITMENT, AND BE MARE OF YOUR WILLPOWER
Success will depend on how public your commitment is, as other people can offer helpful support. If willpower is your only factor in keeping a resolution, you're more likely to fail.
CREATE THE RIGHT ENVIRONMENT
Make small adjustments in your living environment — for example, remove temptations from your house or put Post-it notes as helpful reminders.
THINK HAPPY THOUGHTS
If you feel guilty about a bad habit, you won't change, as guilt will turn into self-blame, and then into more smoking than action.
REWARD YOURSELF
If you're trying a diet, reward yourself with a treat after a milestone date.
SOURCE: UNIVERSITY OF SCRANTON; JOHN NORCROSS; STICKK.COM | TEXT: ANTHONY JOHNSTON, GRAPHIC: JAN KOMAR, MMIX
APPY NEW YEAR! TOP 5 DESKTOP & SMARTPHONE APPS FOR NEW YEAR'S RESOLUTIONS
MONKMAKELARDE.COM /NEWYEARS
This website automatically generates resolution ideas if you are out of inspiration.
STARTRESOLUTION.COM
Call it "resolution networking." Enter your resolution in the site and the person who joined ahead of you will be your coach.
WEIGHTBOT
184.9
Here you can set your weight goal, record your weight, view your BMI, and see your progress on a nifty iPhone graph.
QUITTER
This clever motivation iPhone app shows how far you've gone and how much money you've saved.
DRINKTRACKER
This app keeps track of your drinking habit using your iPhone and tells you when you have drunk enough.
LOSE WEIGHT OR PAY UP! SUCCESS RATES OF "CONTRACT WEBSITES"
StickK.com, a website created by Yale University economists, lives users $1m a week who sign a 30-week resolution contract but don't live up to it. And the stats show that money talks.
WITH FINES
WITH A "REFEREE" (MONITORS YOUR PROGRESS)
NO FINES, NO REFEREE
EXERCISE REGULARLY
70%
57%
30%
WEIGHT LOSS
61%
50%
22%
QUIT SMOKING
75%
57%
30%
ANY OTHER GOAL
80%
67%
37%

New year's resolutions worth thousands

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Exhale a sigh of temporary fiscal relief — the holidays are finally over!

Now it's time to deal with the financial aftermath of such a joyous, fun-filled and financially catastrophic holiday season.

If you're feeling maxed out and are dreading the delivery of your January credit card and bank account statements, you'll benefit from a New Year's Resolution which will save you thousands: a 2013 frugality diet.

Before you sell your worldly possessions to pay off your Best Buy loan, go Zen for just a moment. Take 10 deep breaths and know that you have the ability to reduce your monetary stress and grow your financial security.

Join the ranks of thousands of North Americans that report feeling financially optimistic about 2013.

Start by determining your bottom line. Once you know where you stand, you can create a plan to grow your net worth.

Download your favourite net worth tracking tool to determine what you own and owe. ALL major banks have free online calculators, but if you want to build your own, simply total up your assets (own) and subtract your liabilities (owe).

Focus on the highest impact savings opportunities. If you've got two cars and could get by with one, sell the other.

Rent out unoccupied space in your house. Start eating at home rather than buying food from restaurants.

Become a smarter shopper using coupons, cutting back and buying items on sale. Sell household or personal items you could live without, like an extra television.

Face your debts head-on. On a spreadsheet, list who you owe money to, the interest rate and balance.

Each month, pay a little extra on the highest interest debt until it's paid off. Then pay extra on the next highest interest debt.

Remember, you'll have extra money from your previous debt's regular payment. DO NOT rack up additional debt while paying off the existing.

Retirement approaches fast and growing funds for the future is critical.

Take advantage of employer sponsored retirement savings programs like pensions and RRSPs.

Live lean in 2013.

Follow Lesley on Twitter
@LesleyScorgie

BENEFITS OF BILINGUAL LEARNING

FRENCH LANGUAGE EDUCATION PROVEN TO BE SUCCESSFUL

FRENCH LANGUAGE EDUCATION PHOTO

Bilingual children grow up to be successful adults: The numbers prove it. Through French Language Education in Ontario (FLE), your son or daughter can be one of them.

French Language Education is much more than French immersion. It encompasses nearly 500 public and Catholic elementary schools and high schools in Ontario, along with 11 post-secondary institutions — all offering programs and services in French. Full-time junior and senior kindergarten programs are available for children aged four and older; and, in some cases, as young as three. Through FLE, children can begin learning French at an age when they are best able to retain it.

FLE makes your child's transition into French-language studies smooth — even if he or she has no previous exposure to French. The programme d'appui aux nouveaux arrivants (PANA), a program for newcomers, ensures them a warm welcome. Another program helps them bring their French-language skills up to par — and, of course, their teachers do, too. The curriculum is supported by a cultural activity program, which immerses students in French culture both inside and outside the classroom.

Students enrolled in FLE benefit from a top-quality education in both French and English. Academic standards are high, but the kids thrive, thanks to small class sizes that allow for a great deal of personal attention for each student. The result? Excellence. To list just one example: 82 per cent of FLE sixth graders perform at or above Ontario's provincial standard in mathematics.

These well-educated students grow up to be highly employable adults. Capable of reading, writing, and holding a full conversation in either official language, their employment prospects span not only English and bilingual work environments, but entirely French-speaking ones, too. In 2006, Francophones in Ontario earned close to $3,500 more than the total population, when median employment income was considered.

The news gets even better. A recent study, released by Le Regroupement des gens d'affaires de la Capitale nationale (RGA) and The Conference Board of Canada, reveals that Canadian Francophones generally enjoy an unemployment rate below the rate of the province in which they live. And their average salary is higher. Wherever francophone speakers are found in this country, they contribute to its economic prosperity: Almost 20 per cent of Canada's GDP, and 22 per cent of its employment, can be traced to the Francophone economic presence.

Your child can be a part of all this. To learn how, visit elfontario.ca.

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FULL FRENCH CULTURAL EXPERIENCE
EARLY START OPEN TO ALL 4-YEAR-OLDS
WHAT'S YOUR NEXT MOVE?
EXCEPTIONAL ACADEMIC RESULTS
French-Language Education in Ontario – more than education, a guide to higher ground.
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Éducation en langue française en Ontario
A WORLD OF POSSIBILITIES

Griffith closing in on OHL scoring supremacy

Home stretch. NHL deal could help Knights sniper's chase for league scoring crown

JOHN MATISZ
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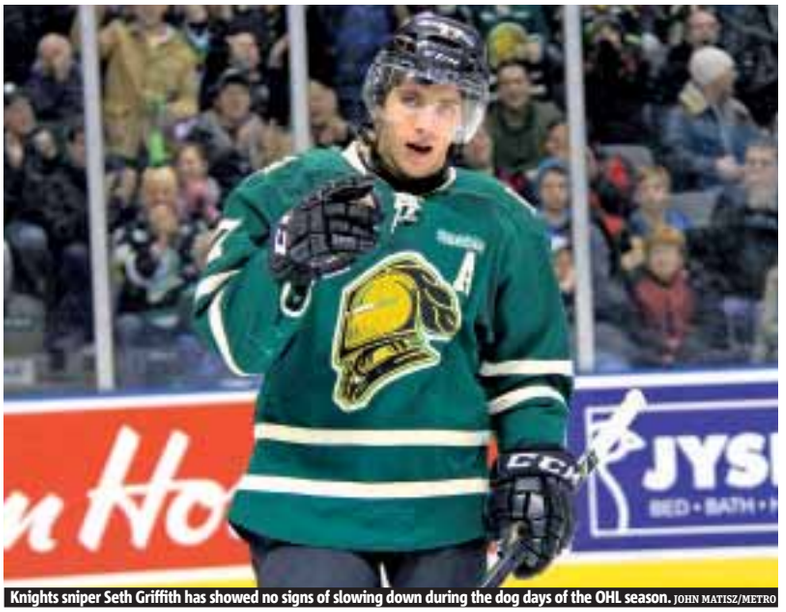


Knights sniper Seth Griffith has showed no signs of slowing down during the dog days of the OHL season. JOHN MATISZ/METRO

The numbers don't lie, and they're starting to add up.

Seth Griffith has failed to mark up the scoresheet just six times this season. The cornerstone of the London Knights offence has amassed 19 multi-point performances in 42 games.

And, as of now, Griffith is alone atop the Ontario Hockey League points list, with 26 games left on London's schedule.

"I don't really think about that," said the ever-modest Boston Bruins' fifth-rounder, following an 8-2 pounding of the Saginaw Spirit last Friday. "I just want to get the win out there."

Arguably the OHL's two most talented players, Niagara Ice Dogs forward Ryan Strome and Sarnia Sting forward Alex Galchenyuk, were loaned to their countries in mid-December to play in the world junior championship. Over that stretch, Griffith recorded 11 points in seven games, including a hat trick versus the Spirit.

"If anything, yes I tried to take advantage of the fact that some guys are at the world juniors," he admitted, before forming a sheepish smile.

Now, with the lockout over, Strome (New York Islanders) and Galchenyuk (Montreal Canadiens) are headed to training camp in their respective NHL cities. Both could very well make the big club.

This — to use a hockey analogy — leaves the net wide open for Griffith. The five-foot-11, 185-pounder from Wallaceburg has a four-point lead in the scoring race.

Sarnia's Charles Sarault's 63 points are currently second to Griffith's 67. Strome and Galchenyuk are third and fourth, while Sault Ste. Marie Greyhounds star Nick Cousins sits fifth with 60.

There's still two months of the regular season left, but — as the Knights alternate captain has shown previously — he's capable of suiting up for all 68 contests.

Griffith, 20, has done so in the past two seasons and has yet to miss a match in the 2012-13 campaign. This puts him on pace to record approximately 45 goals and 65 assists for 110 points by season's end.

Teammate Bo Horvat admires Griffith's durability, as well as his opportunistic nature.

"He finds holes, he finds open areas," Horvat said. "He's been coming up clutch for us."

Past Forest City scoring champs

Last three Knights to win an OHL scoring title:

- ***John Tavares (2008-09)** — 104 points (58 goals, 46 assists) in 56 games.
- **Patrick Kane (2006-07)** — 145 points (62 goals, 83 assists) in 58 games.
- **Rob Schremp (2005-06)** — 145 points (57 goals, 88 assists) in 57 games.

*Played 32 of those games for the Oshawa Generals.

John Tavares GETTY IMAGES FILE

OHL

Flyers pick 'expected to sign' with Knights

A week after inking University of Denver defenceman Dakota Mermis to an Ontario Hockey League contract, the London Knights appear to be dipping into the NCAA's talent pool once again.

Goaltender Anthony Stolarz, a 1994-born Philadelphia Flyers draft pick, is "expected to sign" with London, according to a press release posted on the University of Nebraska-Omaha's website.

The Knights have yet to confirm the potential signing. METRO

Squash

World No. 1 Ashour to showcase skills in London

The London Squash Racquets Club is hosting a high profile exhibition match at the end of the month.

It features the best squash player on the planet, Ramy Ashour of Egypt, who is listed first overall in the PSA World Tour rankings.

Ashour is scheduled to face off against Allister Walker of Botswana, the world's 15th-ranked player.

The event, which sold out in less than 24 hours, will take place at the Albert Street club on Jan. 30. METRO

Top squash player Ramy Ashour will play an exhibition match in London on Jan. 30. GETTY IMAGES FILE

NHL season likely to be 48 games

Sidney Crosby skates with his Penguins teammates on Monday in Pittsburgh. The NHL deputy commissioner says a 48-game season is most likely after the league ended its 113-day lockout early Sunday morning. GENE PUSKAR/THE ASSOCIATED PRESS

The timeline for the start of a shortened NHL season remained up in the air one day after the league and NHL Players' Association shook hands on a tentative deal to end the lockout.

Deputy commissioner Bill Daly told The Canadian Press on Monday morning that hope for a 50-game schedule had faded as the sides continued to finalize the memorandum of understanding their constituents will vote on later this week.

As a result, the league is expected to return with a 48-game season starting Jan. 19.

"It depends on ratification timeline for PA, but it's looking more and more like 48 games is going to be the only option," Daly said in an email.

The NHL's Board of Governors is scheduled to meet in New York on Wednesday to hold a ratification vote. A schedule had yet to be made formal for players to cast ballots, but it's believed the NHLPA wants to give them time to review the document — meaning they likely won't be able to wrap up a vote before Saturday.

Both sides need to get majority support to adopt the tentative deal they reached early Sunday morning.

THE CANADIAN PRESS

Balancing act

The NHL played 48 games following the 1994-95 lockout with a balanced intra-conference schedule for what was then a 26-team league.

- It's going to be a little more complicated this time. The NHL plans to have teams play three games against the 10 opponents within the same conference but outside their division. They will then have an unbalanced schedule against division rivals, with five games against two teams and four against the two others, according to a source.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You could easily get the wrong end of the stick today and say or do something you regret. If you do make a mistake, don't make it worse by refusing to admit it. An apology now will save a lot of grief later.

♉ Taurus
April 21 - May 21
According to the planets, someone will try to mislead you today. No matter how reliable you think your sources may be, make sure they know what they are talking about. Get a second opinion if necessary.

♊ Gemini
May 22 - June 21
Don't change your plans just because you are having second thoughts about a joint enterprise of some kind. Everyone has doubts occasionally — yes, even a Gemini — so sleep on it before making a final decision.

♋ Cancer
June 22 - July 23
You may feel tied down by obligations but there is not much you can do about it, so be patient. If you give others the impression you would rather be somewhere else, they may pile more work on you.

♌ Leo
July 24 - Aug. 23
If you are not too careful, today's cosmic influences could loosen your tongue and encourage you to say things that should be kept under wraps. Remember, knowledge is power, and the less others know about you the better.

♍ Virgo
Aug. 24 - Sept. 23
You may do something silly over the next 24 hours but nothing bad will come of it. The best way to deal with embarrassing situations is to laugh at them. They're simply not worth losing sleep or friends over.

♎ Libra
Sept. 24 - Oct. 23
You may be tempted to rush things today, to get through your tasks in double quick time, but that would be a mistake. Take your time and make sure you do everything to your full ability. Expect the best of yourself.

♏ Scorpio
Oct. 24 - Nov. 22
You could be rather touchy today, and for no good reason, but that's OK. Everyone who knows you realizes that once in a while you slip into a bit of a funk. And those who don't know you will soon learn.

♐ Sagittarius
Nov. 23 - Dec. 21
Things are going well for you now but there is a danger you could be lulled into a false sense of security. On the money front, especially, you are advised to take nothing for granted. Don't give away anything for free.

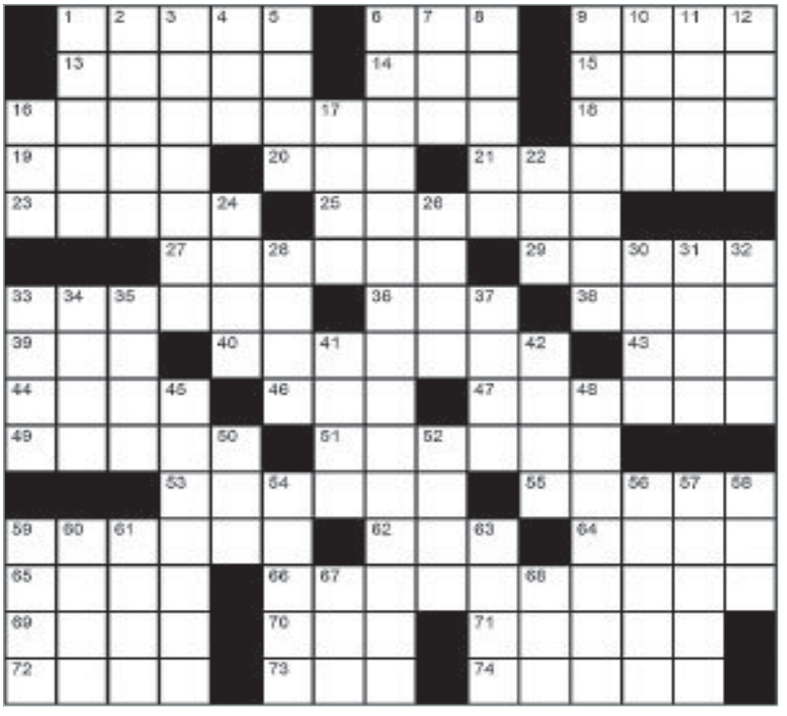
♑ Capricorn
Dec. 22 - Jan. 20
Why are you so worried? What can possibly go wrong? The Sun in your sign indicates that no matter what you do today it will work out for the best, so get on with it and wipe that frown from your face.

♒ Aquarius
Jan. 21 - Feb. 19
When the Sun moves into your birth sign at the end of next week, your energy will return. But between now and then you are advised to take things easy, mentally and emotionally as well as physically. Pace yourself.

♓ Pisces
Feb. 20 - March 20
You are in one of your daydreamy moods at the moment and there is nothing wrong with that, but watch out you don't lose touch with reality completely. There are people out there who will take advantage. SALLY BROMPTON

Crossword: Canada Across & Down

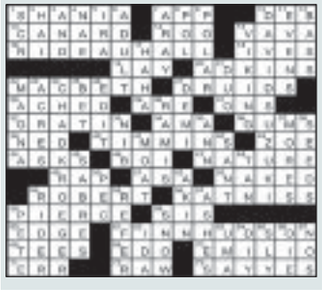
BY KELLY ANN BUCHANAN



Across
1. Rocker born Jan. 8th, 1935
6. "Brother Down" singer Mr. Roberts
9. Recipe meas.
13. Singer Bonnie
14. Pussycat Dolls hit: "Don't __"
15. __ National Park, BC
16. Current exhibit at #9-Down, Terrestrial __
18. A&W __ Beer
19. "...take _ __ song and make it better."
20. For each
21. "Wild __" by Gino Vannelli
23. Litigate again
25. Go "Achoo!"
27. Volcano opening
29. "I'm a __ 4 U" by Britney Spears
33. Soup tidbit
36. Performed
38. Sci-Fi princess
39. Dublin, __.
40. Dressed like Dracula
43. CV
44. Actor Mr. Schreiber
46. Mr. Pacino's
47. Snappy reply
49. 'Sexiest Man Alive', Channing __
51. Penitent person
53. Northwest Territories town
55. Some large cats
59. Canadian actor Mr. Garber of NBC's new drama "Deception"
62. Avril's follower
64. Bananas brand
65. Much: 2 wds.
66. Football-shaped "Family Guy" character: 2 wds.
69. Garage band's CD
70. Banqueted
71. Sir Newton
72. Paradise
73. __'easter
74. Lightly fry

Down
1. Clear
2. Sing-song sounds
3. Bridge with arches
4. 'Social' suffix
5. Supremes song starter!
6. __, Beloved of the Sky (Emily Carr, oil on canvas, 1935): 3 wds.
7. Sushi tuna
8. Papier-__
9. Royal __ Museum (Fossils-viewing spot in Alberta's badlands)
10. Ghost cries
11. Pump or loafer
12. Cultivating containers
16. Golf standard
17. Soap brand
22. Li'l weight units
24. Toronto-born actor Mr. McCormack
26. Mr. Estrada
28. Teatro __ Scala; aka La Scala (Milan opera house)
30. Bubbly bar
31. Challenger
32. The __ Coast
33. Lively tune
34. 'Crit' completer
35. Nair competitor
37. Actress Laura
41. Norwegian king, variantly
42. Meaningful
45. Louis __ handbags
48. Past (and possibly future?) Prime Minister
50. Alphabetic trio
52. "No problem."
54. Country star Keith
56. Never Cry Wolf author Farley
57. Lewis Carroll character
58. Look
59. __ mecum (Handbook)
60. __ _'Orleans, QC
61. Order to Fido
63. Egyptian goddess
67. _ __ Z
68. US airport screening org.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					4			
	4			8				
				7	2	3	4	9
	6	5		3			8	2
		4	8		1	5		
3	8			6		7	9	
2	7	1	6	9				
				4			6	
			1					

Yesterday's Sudoku

7	4	9	5	2	1	6	8	3
6	2	1	7	8	3	9	5	4
3	8	5	6	4	9	1	7	2
5	9	2	4	1	6	7	3	8
1	3	8	2	5	7	4	9	6
4	6	7	3	9	8	2	1	5
8	7	3	1	6	4	5	2	9
2	1	4	9	3	5	8	6	7
9	5	6	8	7	2	3	4	1

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